



OTTAWA ROWING CLUB

Skills Development Program

Competitive Foundations – Junior (ages 12-18)

Objective: to prepare new or inexperienced junior-aged rowers to enter into the competitive racing program for the following season.

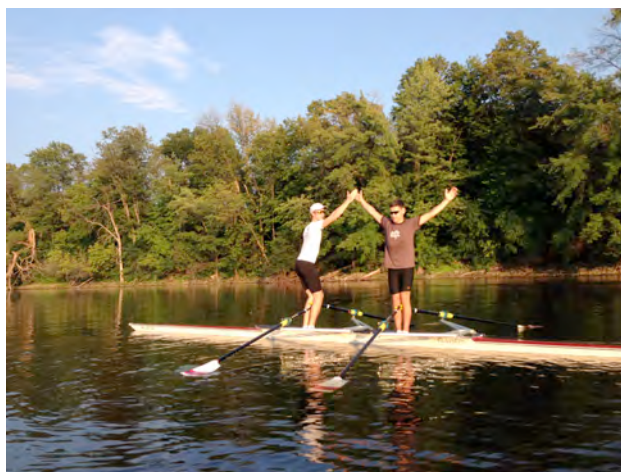
Participant expectations:

- commitment (training expectations of 4x/week, be on time, participate to best of your ability)
- knowledge and execution of basic safety and boathouse procedures
- appreciation for general fitness, core and strength conditioning principles, and introductions to these activities as they apply to rowing
- skill development in sculling boats using benchmarks based on Rowing Canada's talent development model
- participation in skills-based competitions
- gradual transition from larger boats to smaller boats, and from sculling to sweeping

This differs from various incarnations of the program in that it is **specific**. For young people who are looking for a more general program, the recreational or youth camp pathways provide excellent opportunities for general fitness.

What we will do:

- engage young people in a high quality rowing skills development program using the principles and measures being used by Rowing Canada's Row to Podium program
- provide a safe and structured environment for optimal learning, competition, and fun
- ensure good quality coaching by qualified or training coaches with a ratio of 8 athletes to 1 coach, ensuring adequate attention and individual feedback can be provided
- Have two "in house" competitions; these competitions will be both meaningful measures of skill development and improvement as well as



- feedback for the athletes regarding their readiness to compete in racing;
- social activities (ie. BBQ or program dinner) to celebrate success and camaraderie
- opportunities for racing outside the club will be explored

Summer session schedule:

The session starts after the high school season; high school athletes who would like to continue rowing, but are not yet ready for the full junior competitive program have the opportunity to develop.

Practices will be Mondays through Thursdays;

June 16th through until the 27th we will run after school sessions from 4:30-6:30pm.

Starting June 30th- practices will run from 8:15-10 am.



Contact:

For questions about the programming, coaching and schedule:

Kate Gorsline at

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For questions about fees or registration:

Greg Brown at

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